



# Scorpions Strength & Conditioning

## Plyometrics

### Warm up

5 minutes skipping

### Plyometrics

Exercise	Sets	Reps	Rest
Jump squats	4	15	30 secs
Lateral jumps	3	15	30 secs
Bench switch jumps	3	15	30 secs
Switch & Go	3	8 second intervals	30 secs

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, weather negligent or otherwise, undertaken in connection with this information.